

Judges 2–4; Judges 6–8: Lesson 65

Judges 2–4

“Turning to the Lord for Deliverance”

Visit [“Studying the Scriptures”](#) to help prepare yourself spiritually to learn.

After the children of Israel entered the promised land, they chose to disobey the Lord’s commandment to drive out all of the wicked inhabitants. As a result, many Israelites adopted the wicked practices of these people and lost the Lord’s protection. However, each time the Israelites cried unto the Lord for deliverance, He “raised up a deliverer” for them ([Judges 3:9](#)). This lesson can help you understand the Savior’s role as your Deliverer.

Study the Scriptures

See if you can find the next two numbers in each of the following sequences:

- A. 2, 4, 6, 8, 10, 12, _____
- B. 1, 3, 7, 13, 21, 31, _____
- C. 1, 4, 3, 6, 5, 8, 7, _____

Were you able to find the pattern for each? (Answers at the end of the lesson)

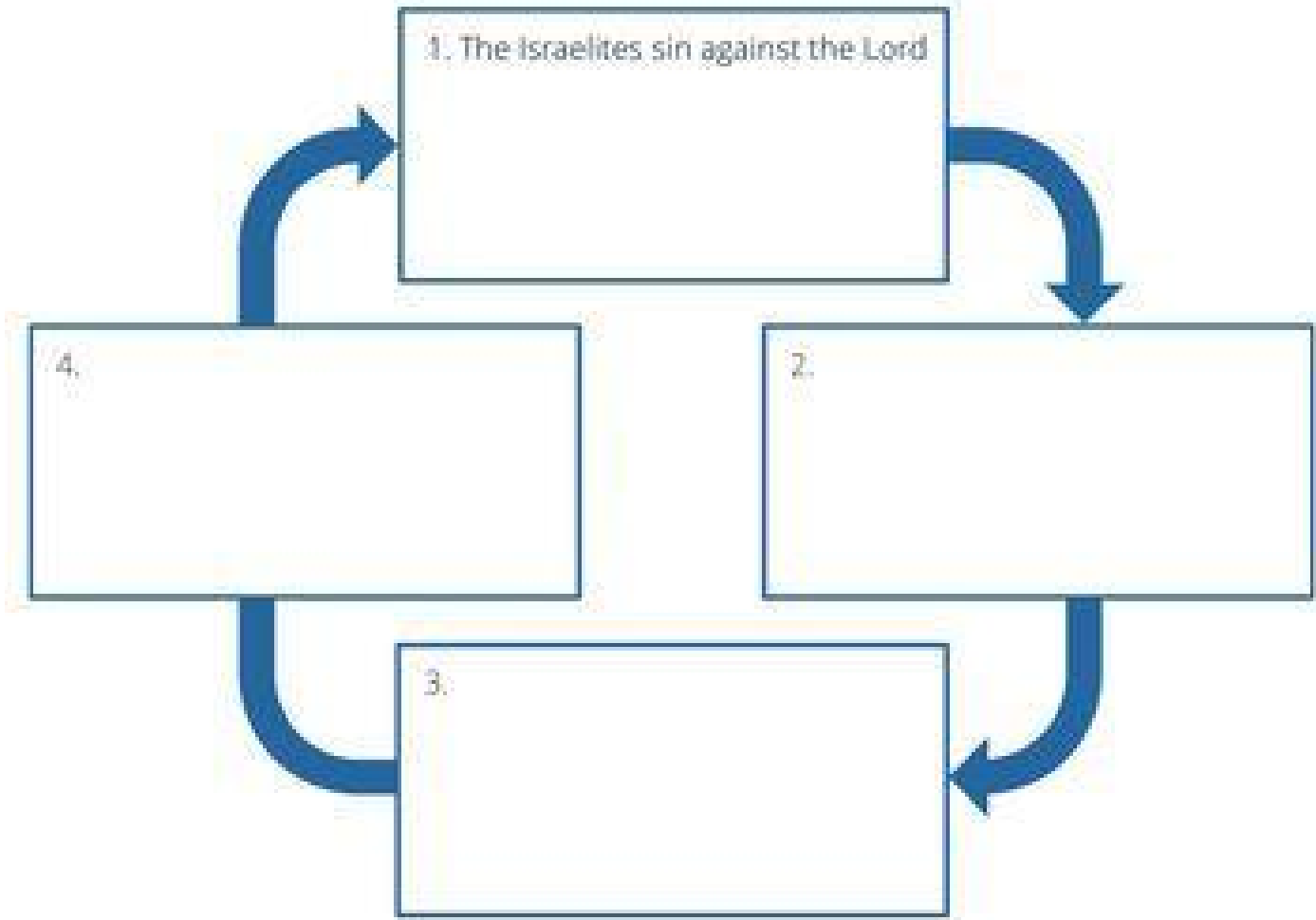
Understanding patterns can help us navigate life. Today as you study a spiritual pattern the Israelites experienced in the book of Judges, think about how it could apply to your life.

When the Israelites entered the promised land, the Lord commanded them to drive out the wicked inhabitants (see [Deuteronomy 7:1–4](#)). Many Israelites chose not to fully obey this commandment. In [Judges 2–4](#), we learn about a spiritual pattern, or cycle, the Israelites experienced because they repeatedly failed to follow Heavenly Father and Jesus Christ.

Add the following items to the corresponding steps in the cycle:

1. Sin
2. Consequences
3. Cry unto the Lord
4. Deliverance through the Lord

The Cycle of Sin and Deliverance in the Book of Judges



Read [Judges 2:10–18](#). Mark in different colors the verses that represent the four steps and write them in the cycle above. You may also want to make a note next to the verses that illustrate each step in the cycle.

One way to identify principles is to use if-then statements. Finish the following statements:

If we choose to reject the Lord, then ...

If we choose to turn to the Lord, then ...

The remainder of this lesson focuses on this principle: If we choose to turn to the Lord, then He will deliver us.

Look again at the cycle of deliverance. Consider where you feel you are in the cycle. Think about how you might receive deliverance through Jesus Christ. Record your thoughts next to your drawing.

One of the titles of the Savior is Deliverer (see [2 Samuel 22:2](#)). Elder Kyle S. McKay of the Seventy testified how Jesus Christ is the Great Deliverer.

I bear witness that Jesus Christ is the Great Deliverer, and in His name, I promise that as you turn to Him with real intent and full purpose of heart, He will deliver you from everything that threatens to diminish or destroy your life or joy. ([The Immediate Goodness of God](#),” *Ensign or Liahona*, May 2019, 107)

To learn more about what the Savior delivers us from, study the following resources. Record what the Savior delivers us from, and what you learn about the Savior.

[1 Corinthians 15:22](#)

[2 Nephi 9:21–22](#)

[Alma 7:11–13](#)

David A. Edwards, "[7 Ways the Lord Can Deliver You](#)," *For the Strength of Youth*, Apr. 2022, 18–20

Jessica Z. Strong, "[The Savior Can Deliver Us](#)," *For the Strength of Youth*, Dec. 2022, 2–4

Different cultures. When reading the Old Testament, as with any history, you're likely to read about people doing or saying things that, to modern eyes, seem strange or even troubling. Some actions in the stories about Deborah may seem harsh. But remember, these people lived in different cultures and under different circumstances. As you study, you will find eternal truths that apply to all circumstances.

How does Deborah’s example of looking to the Lord help us understand Jesus Christ’s role as our Deliverer?

Read [Judges 4:4–9, 14–23](#). You could also watch the video “[Deborah the Prophetess](#)” (2:10). As you do, mark what Deborah said or did that helped Israel trust in the Lord for deliverance.

What did you learn about the Savior from Deborah. You could finish the following sentence: “Deborah taught that Jesus Christ can ...”

Now What?

President Russell M. Nelson stated:

*He will “deliver us; yea, insomuch that he [will] speak peace to our souls, and [will] grant unto us great faith, and ... cause us that we [can] hope for our deliverance in him.” (“[Embrace the Future with Faith](#),” *Ensign or Liahona*, Nov. 2020, 76)*

Complete the following exercises:

1. Create a scenario about a young person who needs the Savior’s deliverance from a certain situation.

2. Write a paragraph that summarizes what you have learned about how the Savior can deliver this person.

Share Your Thoughts

Lesson Purpose: To help you understand the Savior’s role as your Deliverer.

Share one or more of the following:

Something specific you did to achieve the purpose of this lesson.

